

ELDRED B. WAFFLE, M. D.
CHARA W. WAFFLE, M. D.
FRANK E. FOWLER, M. D.

204-208 STOKES BLDG.
ASTORIA - OREGON

Mixed Sago.

1/2 cup sago

2 " milk

1/2 " sugar.

pinch Salt.

J. H. Emerson
Dec. 5/25/01

Boil well together put in
a double boiler and cook
until the sago is done. Add
the whites of 4 well beaten
eggs a little vanilla.
Fill one quart mixed.
Set aside to cool serve
with cream.

Breakfast

Halved Grape fruit
Dorring mush
Creamed codfish
Baked potatoes
Baking powder biscuits
Coffee.

Luncheon.

Bouillon
Mushroom & sweet bread patties
Lunch chops - peas.
Baked stuffed potatoes
Shred green apple.
Tea.

Dinner.

Clam nectar - crackers -
Fried Salmon chunks -
shoes - celery -
Roast chicken mashed potatoes
spinach. Artichoke Salad.
Drops in melted cream.

Rolled Oat Cookies

2 cups rolled oats

1 " flour

1 " brown sugar

$\frac{1}{2}$ " melted butter

$\frac{1}{4}$ " hot water with $\frac{1}{2}$ tea spoon Soda

1 " raisins stoned & chopped

After mixing stand 1 hour.

roll thin with as little flour
as possible

$\frac{1}{2}$ cup wal nuts if desired

M.F.T.

Breakfast -
Grape-fruit - Egg cust.
Wheat & Apple

Lunch
Salmon-Chunks
Creamed Potatoes
Lettuce & French Dressing
Rolled Pot. Olives
Cookies, Tea

Dinner
Clear Soup - Broiled Steak
Baked Potatoes Cranberry Jelly
Artichokes - cold with mayonnaise
Peach Ice Cracker Cake
Coffee

Rum Pudding
Whisk 3 Eggs well beaten
1 cup sugar
boil cool stone and
chop 1 lb prunes
mix together bake
in slow oven

Walnut Wafers.

4 eggs well beaten
2 cups brown sugar
6 Table spoons flour
1 tea " baking powder
2 cups chopped Walnuts
spread thin in pan
bake 20 minutes
Harriet Dallant.

Breakfast

Baked apples
Serautler raisins.
Coffee toast

Lunch

Broiled chops Butter
Escallop of tomatoes and ^{sauce}
Sugar oranges. ^{Fill}

Dinner

Cream of pea Soup.
Roast Duck with stuffing
Currant-jelly with potatoes
Apple and Nut salad
Rice pudding Whipped
Coffee — Cream

Pop over.

2 eggs

2 cups milk (small)

2 cups flour.

Small tea spoon salt.

Beat eggs very light

Add milk very slowly

add salt.

Lastly: put in flour.

all at once and beat

mix nice smooth like

cream. Bake 1/2 hour
in moderate oven.

Breakfast
Strawberries.
Milk - Popovers. Coffee.

Luncheon.
Grape Fruit
Dressed Crab Potatoes.
Lettuce French Dressing.
Preserves and cake.

Dinner.
Spiced Water. Bay Cyprian.
Tomato Bisque Soup.
Roast Salmon cheeks
Beef steak and mushrooms
Baked Potatoes Peas
Chicken in ^{mayonnaise} sauce.
Whipped cream.

Gold Cake

yolks eight eggs
1 cup sugar
 $\frac{3}{4}$ " Butter
 $\frac{1}{2}$ " Sweet Milk
 $1\frac{1}{2}$ " Flour
1 teaspoon B. P.
flavor to taste

Miss Cole

Corn Chowder

Cracked Wheat

Crisp Bacon

Carrot & Cheese

Apple & Toast

Lunch

Waffles, Apples, Cream

Hot Pot, Sauce, Potatoes

Hot Apples, Cream, Tea

Hot Potatoes

Stewed Apples, Whipped Cream

Dinner

Apple & Fruit, Cracked Wheat

Chicken, Cream, Potatoes

Hot Potatoes

Hot Potatoes, Cream, Mushrooms

Hot Potatoes, Cream, Tea

Hot Potatoes, Cream, Tea

Hot Potatoes, Cream, Tea

Hot Potatoes, Cream, Tea

White Lane

Well and happy to hear of
you and your family. I am well
and hope this letter finds you
the same. I have not much news
to write at present. I am
well and hope this letter finds
you the same. I have not much
news to write at present.

I have not much news to write
at present. I am well and hope
this letter finds you the same.
I have not much news to write
at present.

Yours L. M. 1844.



Breakfast
Fruit
Bacon + eggs.
Toast + Coffee

— Lunch —
Shrimp-salad
Hot Biscuits
Coffee. fruit

Dinner
Tomato Soup

Roast Mutton - Peas
Lettuce Salad - olives
mashed potatoes
Fruit Salad - whipped cream
Coffee - cake

Cinnamon Cookies -

1 cup sugar,
 $\frac{1}{2}$ " butter,
1 " flour
1 teaspoon cinnamon
1 egg.

First mix the flour + butter
together then the sugar +
cinnamon, then mix
all four together and
break in the egg + mix
well - Roll out very thin
+ bake a light brown.
Olga Nelson

Apricot Fappi.

One quart of peeled-
apricots. Some of cold
water. One pound of
sugar. Boil fruit
in water & sugar to
mash. When half frozen
add one pint of whipped
cream. (This is delicious.)

Florida Lemon Fappi—

- Dinner -

Clear Tomato Soup. Potatoes.

Sautéed Chicken with

the Creamed Potatoes.

Roast Beef

Serve this in Brown

Tomato Sauce on

Roast Beef.

Chocolate Fruit Fudding
with Whipped Cream

Apples

Nuts.

Pres. Biscuits

Travis Mountain Miggins
Cream $\frac{1}{3}$ of a cupful butter
add $\frac{1}{4}$ " " " sugar
and $\frac{1}{4}$ of a teaspoon of salt
add one (1) egg beaten light
 $\frac{3}{4}$ of a cupful milk
and 21 cupfuls sifted flour
and four or five teaspoons baking powder
Bake in hot buttered gem
pannis about twenty five minutes.

Things worth knowing
10 eggs = 1 pound
1 pound sugar = 1 pint
1 large tablespoon = $\frac{1}{2}$ gill
" " " = $\frac{1}{2}$ pint
1 pound soft butter = 1 pint
a common sized tin can = 2 pints
4 ordinary tea cups hold 1 quart
100 lb flour = 1 "

Breakfast
fruit

Whisket, cream

Connet. Twin Mt. Muffins
coffee

Mediterranean Lunch
cold Tongue - Chicken Salad
Fruit. Sandwiches. Thin bread & butter
coffee

Ice, cake. Lemon juice
Doritos - salted - But.

Chow Chow. Salted Crackers
Pork Chunks. Egg sauce
Roasted Lamb. Mint sauce
Rice. Peas

Butter. Salad
Olives. Cheese
Ice cream

Apple fruit

N. L. G.

Fig Pudding

1 lb figs, 1 lb raisins, 1 lb prunes,
1 lb currants, 1 lb sugar, 1/2 lb melted butter,
1/2 lb flour, 1/2 lb figs, 1 lb prunes,
butter over, and one more mix,
and 10 eggs and 1 gal beaten together

S. and S. 1845

Sauce.

1/2 lb figs, 1/2 lb raisins, 1/2 lb prunes,
1/2 lb sugar, 1/2 lb flour,
and vanilla 1/2 lb, and 1/2 lb before
serving, and 1/2 lb sup. wine water

Pozetta 1845.

MEN

Breakfast

French omelet Chopped Onions, Cream
French omelet Egg Rolls; Coffee

Lunch

Pressed Meat; Log Cabin Syrup
Whole wheat Bread; Butter; Spiced Apples

Dinner

Clear Soup; Croutons; Tenderloin au Gratin
Roast Chicken, Giblet sauce; Rice Croquettes
Peas Lettuce Salad; Mashed Potatoes; Strawberry Shortcake

— Welsh Rarebit — "Two." —

One heaping tea cup of nice
cream cheese. Small piece of
butter. Two-thirds of a cup of milk.
Not quite a teaspoonful of Worcester
shire sauce. A salt spoon of salt.
A dash or two of Cayenne. One egg.

Place all, with the exception of
the egg in cooking dish and
stir constantly until the cheese
is melted. Then add the egg
which has been well beaten.
Serve immediately on toast or
hot soda crackers.

M. a. Marcotte. 5/25/01.

— Breakfast. —

Milk & Fruit.

Hot Rolls.

Coffee.

Ham.

Omelet.

Hot cakes with Maple Syrup.

— Lunch. —

Veal ^{Boillon} Croquettes. Stuffed Potatoes.

Tomato Salad with Mayonnaise S.

Gelatinic Pudding with Whipped Cream.

Small Cakes.

Tea.

— Dinner —

Cream of Pea Soup. Bread.

Roast Chicken. Mashed Potatoes.

Asparagus with Cream Sauce.

Lettuce Salad with French Dressing.

Strawberry Short-cake with Whipped Cream.

Cheese.

Coffee.

Date Pudding.

1 cup full of minced dates.

1 " " " Suet, very finely chopped.

1 1/2 " " " very finely grated bread crumbs

5 tablespoonfuls of sugar.

1 pinch of salt.

Mix thoroughly with three well beaten eggs: pour into a buttered mould.

Boil four hours. Serve with brandy sauce.

Sadie M. Crang.

Breakfast.

Oranges.

Mush.

Broiled Mackerel. Potatoes.

Kaffles - Coffee.

Luncheon.

Fried Chicken.

French Fried Potatoes.

Cabbage Salad.

Hot rolls

Chocolate.

Dinner.

Oysters.

Cream of Tomato Soup.

Boiled Mutton - Caper sauce.

Green peas. New potatoes.

Shrimp Salad.

Date pudding. Brandy sauce.

Coffee.

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